

APRIL SAFETY BULLETIN

4/1/2017

Department of Veterans Affairs
Roseburg Healthcare System (VARHS)

[Edition 1, Volume 5]

From the Safety Specialist

Distracted Driving

By Shirlene Liles

Distracted Driving Awareness Month

The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic. The National Highway Traffic Safety Administration defines distracted driving as any activity that could divert attention from the primary task of driving. Besides using electronic gadgets, distractions also can include adjusting a radio, eating and drinking, reading, grooming, and interacting with passengers. According to the NHTSA "Ten percent of fatal crashes, 18 percent of injury crashes, and 16 percent of all police-reported motor vehicle traffic crashes in 2014 were reported as distraction-affected crashes." "In 2014, there were 3,179 people killed and an estimated additional 431,000 injured in motor vehicle crashes involving distracted drivers." Visit the following websites for more information including pledging to your family and friends as well as fellow drivers to be an attentive driver.

<https://www.distraction.gov/index.html>

<http://www.nsc.org/learn/NSC-Initiatives/Pages/distracted-driving-awareness-month.aspx>

Safety Hotline 44000

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From the Safety Manager

By Jon Hanson

Safety Management System

What are the benefits?

A safety and health management system can help you bring a "culture of safety" into your hospital, with potential benefits for both worker and patient safety. With a safety and health management system, protecting safety and health evolves from being an isolated, sporadic activity to one that is integrated into all business and operational processes and activities. Safety and health is not delegated to only a few people—it is distributed across the workforce and backed up by significant management responsibility, commitment, and attention.

Everyone takes ownership of the goal of improving the organization's safety and health performance. A safety and health management system helps ensure that hazards are identified earlier, effective controls are put in place, people are adequately trained and empowered, and work processes are designed and carried out in a manner that delivers more consistent safety and health performance.

From the Emergency Management Coordinator

By Tony DiMare

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone and chargers

Source: Homeland Security
www.ready.gov

From the Industrial Hygienist

By Alaina Ferrall-Finzer

Ergonomics

Changes are coming to our ergonomics program!

Please continue to follow our current MCM:

Ergonomic Management Program until additional information/training is approved. Follow these steps:

- Your supervisor will ensure that your workstation is ergonomically adjusted,
- Try the newly adjusted work station for a week, if you are still concerned,
- Report your symptoms to Employee Occupational Health (EOH) if you have a pre-existing condition, please provide that documentation to EOH,
- If EOH determines a need for worksite evaluation and notifies the safety office, or occupational/physical therapy (OT/PT) as necessary
- Recommended changes will be approved by committee
- Appropriate furniture will be ordered, and then installed by EMS
- Following installation, safety or OT/PT will follow up to ensure equipment is being utilized appropriately

Ergonomics equipment issue is based on need; for reasonable accommodation, to alleviate pain and prevent injury caused by the workplace.

From the GEMS Program Manager

By Ryan Binford

Purchasing

There are a lot of new products and contracts for FY-2018 going to contracting and VA Roseburg purchase committees. Staff need to keep in mind that MCM 653-138-036 Green Procurement, and Executive Order 13693 Federal Planning for the Next Decade, require Staff to consider products with Green Seal, EPEAT, Energy Star, or longer life cycle when replacing current products or services. Your commitment to ensuring we lessen our carbon footprint helps Roseburg in general and is in keeping with the VA Standards. Thank you.